



Suicide Prevention



In The Army's Suicide Prevention Program

Everyone Matters!



Goal of the Army Suicide Prevention Program



**TO MINIMIZE SUICIDAL BEHAVIOR
AMONG OUR SOLDIERS, RETIREES,
CIVILIANS AND FAMILY MEMBERS.**



Chief of Staff of the Army Statement



The CSA stated that suicide is a “serious problem” and directed a complete review of the ASPP. He called for a campaign that would refine the ASPP by making use of the best-known available science, and would also invigorate suicide prevention awareness and vigilance.



Chief of Staff of the Army Statement (cont)



The CSA further stated that for the program to be effective, the frame work must:

- **involve all commanders**
- **be proactive**
- **intensify preventive efforts against suicidal behavior**
- **invest in our junior leaders**
- **improve current training and education**



Possible Mental Disorders



- **Impulsive or aggressive-violent traits**
- **Previous other self-injurious acts**
- **Excessive anger, agitation, or constricted preoccupations**
- **Excessive alcohol use**
- **Heavy smoking**
- **Evidence of any sleep or eating disorder**



Suicide Potential “Triggers”



- **Loss of a loved one to illness or death**
- **Loss of a significant, intimate relation**
- **Loss of a child custody**
- **Loss of friendship or social status**
- **Loss of job or rank**



Suicide Potential “Triggers” (cont)



- **Loss of freedom**
- **Loss of financial security**
- **Loss of self esteem**
- **Loss of hope or feeling
helpless**
- **Loss or change in lifestyle**



Suicide Immediate Danger Signs



- **Talking or hinting about suicide**
- **Formulating a plan to include a means to kill oneself**
- **Having a desire to die**
- **Obsession with death including listening to sad music or poetry or artwork**
- **Finalizing personal affairs**
- **Giving away personal possessions**



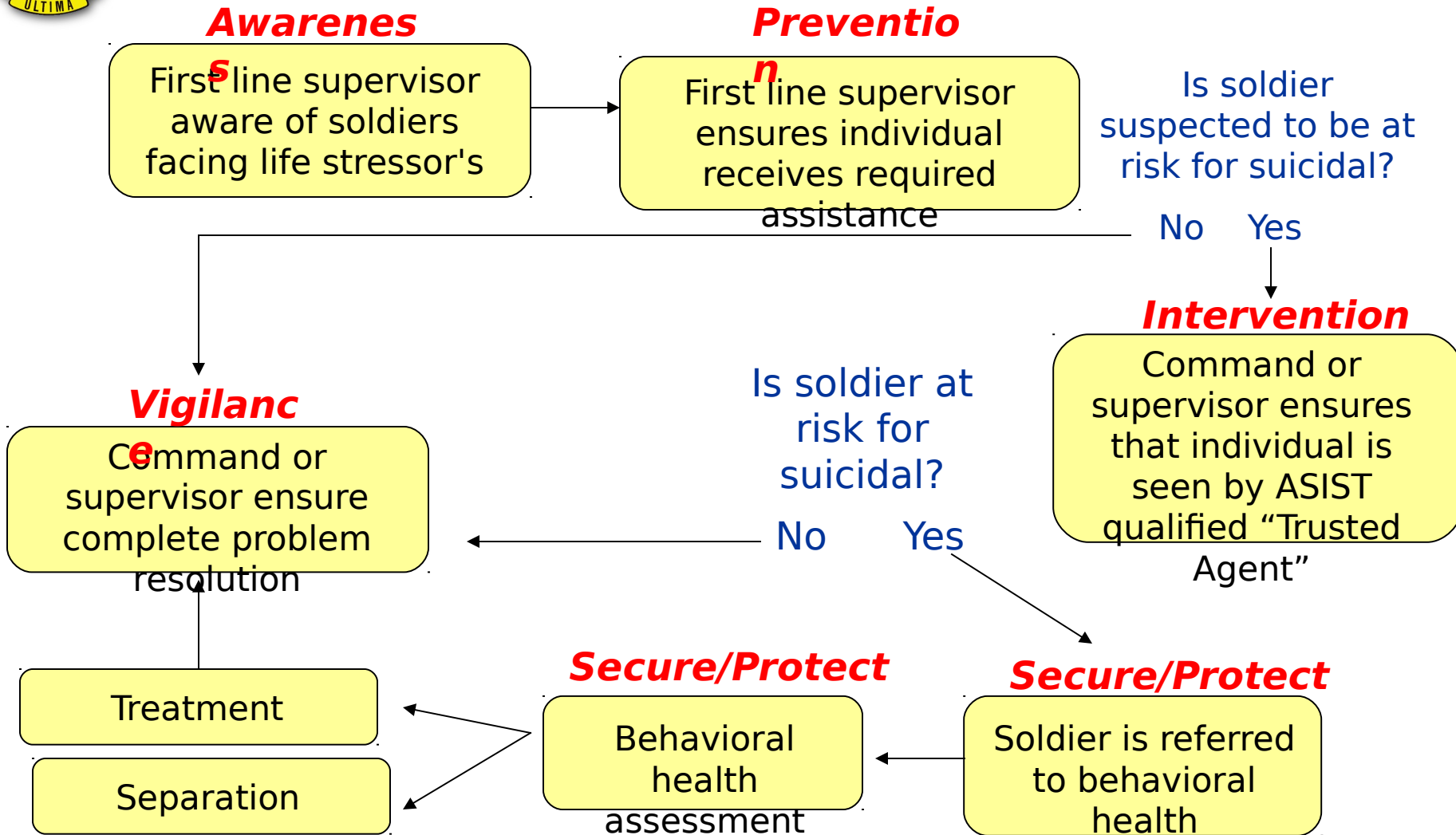
Suicide Warning Signs



- **Obvious drop in duty performance**
- **Unkempt personal appearance**
- **Feeling of hopelessness or helplessness**
- **Family history of suicide**
- **Previous suicide attempts**
- **Drug or alcohol abuse**
- **Social withdrawal**
- **Loss of interest in sexual activity**
- **Reckless behavior, self-mutilation**
- **Physical health complaints, changes/loss of appetite**
- **Complaints of significant sleep difficulties**



The Army Suicide Prevention Model





Prevention Barrier



PREVENTION

the “main effort” is to minimize suicide behavior



Intervention Barrier



Intervene

The Intervention barrier prevents any life crisis or mental disorder to lead to thoughts of suicide.



Secure Barrier



Secure

**The last possible opportunity to prevent
an act of suicide.**



Continuity of Care



Continuity of Care is the safety net underneath the suicide model that represent what the Army is required and obligated to provide those individuals at risk for suicide.



Installation Gatekeepers



Primary Gatekeepers

- Chaplains & chaplain assistants
- ADAPCP counselors
- Family Advocacy Program workers
- AER counselors
- Emergency room medical technicians
- Medical health professionals

Secondary Gatekeepers

- Military police
- Trial defense lawyers
- Youth services
- Inspector general office
- DOD school counselors
- MWR workers
- Red Cross workers



All Soldiers Checklists



- **Know suicidal danger & warning signs and the leading causes for suicide.**
- **Take immediate action when suspecting someone is suicidal or if someone admits that they are contemplating suicide.**
- **Become aware of local services and protocols**



First Line Supervisors/Leaders Checklists



- Get to know your soldiers so that you can recognize and even anticipate possible dysfunctional behavior.
- Assess each of your soldier's life-coping skills. Seek opportunities to positively influence your soldier's behavior.
- Ensure proper training of all your soldiers in suicide prevention/awareness.

- Create an atmosphere of inclusion for all.



First Line Supervisors/Leaders Checklists (cont)



- Know potential warning signs for mental illness.
- Know potential triggers for suicide.
- Set the example, take advantage of available helping services.
- Reduce the perceived stigma regarding mental health. Remember that most mental illnesses are treatable and are a result of a sickness, not weakness.



Summary



**Suicide Prevention is Everybody's
Business and in the Army
*EVERYONE MATTERS!***